



Get fit!

Find your fit in KRC Health & Wellness Classes

Summer 2003



Hatha Yoga with Desiree Lewis

A series of postures that exercise every part of the body: stretching joints, toning muscles, strengthening the entire skeletal structure, and massaging the internal glands/nerves to maintain glowing health. *Bring mat or beach towel. No class on July 1.

KYOG-3C	12yrs+	T	6/3-7/29	10-11:15am	Fee: \$55
KYOG-4C	12yrs+	T	8/12-9/2	10-11:15am	Fee: \$28

Pilates/Mat Science with Desiree Lewis

Gain strength, flexibility and vibrant health as you practice mindful movements that are derived from yoga, dance and sports rehab conditioning. All fitness levels welcome. *Bring mat or beach towel. No class on July 1.

KPLT-1C	16yrs+	T	6/3-7/29	9-10am	Fee: \$55
KPLT-2C	16yrs+	T	8/12-9/2	9-10am	Fee: \$28

Yoga/Pilates Combo with Desiree Lewis

Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. *Bring mat or beach towel. No class on July 3.

KYPC-1C	12yrs+	Th	6/5-7/31	9-10am	Fee: \$55
KYPC-2C	12yrs+	Th	8/14-9/4	9-10am	Fee: \$28



Summer Mini Session with Desiree Lewis

Pilates/Mat Science:	KPLT-2C	16yrs+	T	8/12-9/2	9-10am	Fee: \$28.
Hatha Yoga:	KYOG-4C	12yrs+	T	8/12-9/2	10-11:15am	Fee: \$28
Yoga/Pilates Combo:	KYPC-2C	12yrs+	Th	8/14-9/4	9-10am	Fee: \$28
Child & Parent Yoga:	KYOG-2C	0-4yrs	Th	8/14-9/4	10-11am	Fee: \$28



Aerobics -Cardio Mix

Put some fun in your workout! This class will feature something different each week - high-low aerobics, kick aerobics, boot camp stations, and hip-hop aerobics. Purchase a 4 (\$16), 6 (\$24), or 8 (\$32) visit punch pass and attend any day. Pass can also be used for visits to water fitness classes. *Free child enrichment program provided for children ages 12 months to 5yrs on M/W.

GECEM-1C	16+yrs	M/W	3/24-5/24	10:30-11:30am
		Sa	3/29-5/24	8:30-9:30am

Karate

Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35. New student orientation at 5:30pm on first day. On-going program with belt rank advancement (there are belt-testing fees). Fee: \$35.

KKAR2-1C	12yrs+	T/Th	6/3-6/26	6-7:30pm
KKAR2-2C	12yrs+	T/Th	7/1-7/31	6-7:30pm
KKAR2-3C	12yrs+	T/Th	8/5-8/28	6-7:30pm





Bee Healthy



Cooking Light

Are your recipes loaded with fat and calories? Learn how to substitute good tasting food items while reducing your waistline. Recipes included. Fee: \$33.

KCKL-1C 18yrs+ Sa 6/14 10:30am-12pm

Digestion and Colon Health

Learn about the causes of heartburn, constipation, diarrhea, indigestion, ulcers, hiatal hernias, irritable bowel syndrome, colon cancer and colitis. Create an optimally functioning digestive system with proper nutrition. Fee: \$5.

Food Allergies

Suspect allergy to certain foods? Many common stomach ailments and minor discomforts are related to food allergies. Learn food allergies and how to detect them. Fee: \$15.

KFAL-1C 18yrs+ T 6/3 6:30-8pm

How to Maintain a Strong Immune System

Learn why immune system imbalances are so prevalent. Discover how proper nutrition positively impacts your immune system's ability to function at its best. Fee: \$5.

KIMM-1C 18yrs+ T 8/5 7-8:30pm

How to Read Food Labels

Confused by the information listed on food labels? Learn from a nutritionist how to read and understand the information listed on food labels. Fee: \$10.

KRFL-1C 18yrs+ W 6/11 6:30-7:30pm

Learn to Live

Alleviate stress and relax through meditation! Make time for meditation for the soul, study for the mind, good nutrition and moderate exercise for the physical body. \$5 workbook fee due to instructor at beginning of class. Fee: \$44.

KBAL-1C 18yrs+ Sa 6/21 9am-12pm

Basic Reiki

Learn about this ancient Tibetan healing system that uses light hand placements to channel healing energies to your body to relieve emotional distress and acute physical pain. Fee: \$34.

KREK-1C 18yrs+ F 6/20 4-6pm

Reiki I Certification

Master this ancient healing system that will teach you how to heal yourself and others. Certification as a First Degree Reiki practitioner. (Prerequisite: Basic Reiki). Fee: \$110.

KREK-2C 18yrs+ Sa 6/21 8am-12pm

Reiki II Certification

Certification as a Second Degree Reiki Practitioner. (Prereq: Basic Reiki, First Degree Certification). Fee: \$160.

KREK-3C 18yrs+ Sa 6/21 1-4pm

The following classes are presented in the interest of good health by the Doctor's Speakers Bureau.

Guest Speaker: Dr. Joshua Bock, D.C.

5 Secrets to Permanent Weight Loss

Become healthier and reach your body's full potential naturally without pills, lotions or potions. Fee: \$5.

KDSB-1C 18yrs+ T 6/10 7-9pm

Stress: The Causes and Cures

Learn practical things that you can do at home or work to reduce the negative effects of stress. Fee: \$5.

KDSB-2C 18yrs+ T 6/17 7-9pm

Arthritis

Gain understanding of the causes and symptoms of arthritis. Find relief through diet, vitamins, exercise, stress reduction and more! Fee: \$5.

KDSB-3C 18yrs+ T 7/8 7-9pm

Balancing Hormones Naturally

Understand the symptoms that occur during PMS and menopause. Find relief through diet, vitamins, exercise and stress reduction. Fee: \$5.

KDSB-4C 18yrs+ T 7/29 7-9pm

Carpal Tunnel Syndrome

Do you suffer from hand and wrist pain? Learn how you can prevent injury to your hand and wrist. Fee: \$5.

KDSB-5C 18yrs+ T 8/19 7-9pm

Fibromyalgia

Discover the causes of this disease. Learn techniques that naturally help improve function and reduce pain. Fee: \$5.

KDSB-6C 18yrs+ T 8/26 7-9pm

Pressure Points

Find your body's trigger points and how to release them to improve your health and quality of life. Attending with a partner is recommended. Fee: \$5.

KDSB-7C 18yrs+ T 9/2 7-9pm



Advance Registration Required

Kiwanis Park Recreation Center

6111 S. All America Way, Tempe

(480) 350-5201 (480) 350-5050 TDD

Register online: www.tempe.gov/pkrec/krc